What is claimed is:

1. A method of casting aluminum or aluminum alloy comprising the steps of:

producing a sand mold;

5   injecting molten aluminum or aluminum alloy into the sand mold;

cooling a casting thus obtained together with the sand mold by means of water or a liquid coolant; and

dismantling the sand mold.

10   2. The method of casting aluminum or aluminum alloy according to claim 1, wherein the cooling step comprises dipping the sand mold together with the casting in water or the liquid coolant.

3. A method of casting aluminum or aluminum alloy 15 comprising the steps of:

producing a unit sand mold within a mold making chamber on a casting line, the unit sand mold having cavities on front and rear faces thereof in a direction of the casting line;

20   connecting a plurality of unit sand molds thus produced on the casting line by joining the front face of one unit sand mold to the rear face of the preceding unit sand mold to form a train of connected unit sand molds, and injecting molten aluminum or aluminum alloy into the cavity 25 through an injection port provided at a boundary between the joined faces;

cutting the train of connected sand molds at a substantially central portion of each unit sand mold or of

every nth sand molds (n is an integer of two or more), and dipping the unit sand mold(s) into water or a liquid coolant; and

dismantling the sand mold.

5   4. The method of casting aluminum or aluminum alloy according to claim 1, further comprising the step of drying sand obtained by dismantling the sand mold and supplying this sand to the casting chamber for reuse.

5. The method of casting aluminum or aluminum alloy 10   according to claim 2, further comprising the step of drying sand obtained by dismantling the sand mold and supplying this sand to the casting chamber for reuse.

6. The method of casting aluminum or aluminum alloy according to claim 3, further comprising the step of drying 15   sand obtained by dismantling the sand mold and supplying this sand to the casting chamber for reuse.